

# Italian Tuna Salad

Yield: 6 min  
Total Time: 20 min

Recipe from: <https://www.recipeschoose.com/recipes/valerie-bertinelli-italian-tuna-salad-recipe>

## Ingredients:

- 2 cans tuna in water, well drained and broken up
- 1 can Great Northern beans rinsed and drained
- 1 medium tomato diced
- 1 bunch green onions chopped, green parts only
- 1 teaspoon fresh oregano chopped
- 2 tablespoons fresh basil chiffonade
- 1/2 lemon worth of juice
- 3 tablespoons olive oil
- 1/2 teaspoon garlic powder
- 1/2 teaspoon kosher salt
- 1/4 teaspoon ground black pepper

## Nutrition:

1. Calories: 200 calories
2. Carbohydrate: 18 grams
3. Cholesterol: 10 milligrams
4. Fat: 8 grams
5. Fiber: 6 grams
6. Protein: 14 grams
7. SaturatedFat: 1.5 grams
8. Sodium: 220 milligrams
9. Sugar: 1 grams

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